## Region 136 Age Level Appropiate Skills Check List

Dribbling X U10 U12 UP  Dribbling X Dhooting X Balance X X Balance X X Running X X U10 U12 UP  Movement Education (ON/OFF THE BALL) X X X X X X X X X X X X X X X X X X						U14 and
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BALL)  Ball Lifting & Juggling  Block Tackle  Receiving Ground Balls with Inside of foot/Sole  Shoot with Inside of Foot  Toe Pass, Shot  Push Pass  Eye foot, Eye hand coordination  Throw In  Running with the ball  Passing  Instep Drive  Receiving with inside/outside of foot  Fakes in dribbling  Fients with ball  Receiving bouncing & Air balls with Thigh/Chest  Cross to near post space & Penalty spot space  Heal Pass  Flick Pass  Chipping Pass  Lys A  Redeiving Passes  Cross to Far Post and Top of Penalty Area  Heading Passes  Diving Headers  Flick Headers  Heading to Score goals  Heading for Clearances  X Introduce Haldrouce All Top of Penalty Area  Heading to Score goals  Heading to Score goals  Heading for Clearances						
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Heading for Clearances X	Flick Headers					Х
Heading for Clearances X	Heading to Score goals					Х
						Х
Dummy Balls X	Dummy Balls					Х
Introduce the Chipping Shot X						Х

Before a player can learn soccer skills the child must first learn how to control the body's movement, so the foundation to ball skills is physical education. Motor skills (physical movement/body mechanics) are refined from early on.

Always work on coordination drills and

mechanics.

## Region 136 Age Level Appropiate Skills Check List for Goal Keeping

					U14
					and
	U6	U8	U10	U12	up
Ready Stance			Х		•
How to Hold a ball after a					
save			Х		
Diamond Grip			Х		
Catching Shots			Χ		
Introduction to Goal Kicks			Χ		
Throwing			Х		
Punting				Χ	
Foot Work				Χ	
W Grip				Χ	
Bowling				Χ	
Low Dives				Χ	
Forward Diving				Χ	
Angle Play				Χ	
Near Post Play				Χ	
Introduce Deflecting				Χ	
Far Post Play					Х
Medium & High Diving					X
Deflecting Over the Crossbar					Х
Deflecting around the post					Х
Catching Crosses					Χ
Half Volley Drop Kick					Х
Kick Saves					Χ
Long Over Arm Throws					Х
Penalty Kicks					Х

In <u>addition</u> to Field player skills, Goal Keepers should also have the skills sets taught or introduced to them at the appropiate age level as indicated.